



NZPOPs
NZ Psychologists of Older
People



APS Psychology
& Ageing
Interest Group



**AUT CENTRE FOR
ACTIVE AGEING**



“Innovations and Advances in Ageing Well”

Two Day Conference

Joint Conference of the NZ Psychologists of Older People
and the Australian Psychological Society’s Psychology & Ageing Interest Group
in partnership with the AUT Centre for Active Ageing

Friday 28–Saturday 29 June 2019
Auckland University of Technology, Auckland

CONFERENCE SCHEDULE

FRIDAY 28th June

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| 8.15 | Registrations open |
| 9.00 – 9.30 | Opening (Maori welcome and opening remarks by Nancy Pachana, President PAIG and Dionne Taylor, President NZPOPs) |
| 9.30 – 10.30 | Keynote : Prof Gerard J Byrne
TRICK QUESTION: CAN SUICIDE BE PREVENTED? Risk Assessment and Mitigation in Older People |
| 10.30 – 10.50 | Factors influencing the self-management of depression in older adults (M Polacsek) |
| 10.50 – 11.10 | Developing a psycho-educational tool to address loneliness in older adults
(K Harrington et al.) |
| 11.10 – 11.40 | Morning tea |
| 11.40 – 12.00 | Improving Psychological Treatment through Social Participation in Anxious and Depressed Older Adults (V Wuthrich et al.) |
| 12.00 – 12.20 | Can volunteers help older adults with depression and anxiety? (C Doyle & M Fearn) |
| 12.20 – 12.30 | Identifying and treating hearing loss for adults with dementia in care homes
(A Bott et al.) |
| 12.30 – 12.50 | The Effect of Use of a Mindfulness Smartphone App on Psychological Wellbeing in Older and Younger Adults (D Townsend & C Doyle) |
| 12.50– 1.00 | Using smartphone apps to support Mindfulness practice with older adults (A Boston) |
| 1.00 – 2.00 | Lunch |

- 2.00 – 3.00 **Keynote : Dr Duncan McKellar**
BUILDING TRUST AFTER BROKENNESS. The Oakden Persons' Mental Health Service
Narrative from Failure to Reform
- 3.00 – 3.10 CBT and Dementia: A model of care delivery in residential aged care settings
(S Bahr et al.)
- 3.20 – 3.40 Consumer experience in residential aged care: What makes a difference?
(Y Wells & K Solly)
- 3.30 - 4.00 **Afternoon Tea**
- 4.00 – 4.20 What do we know about dementia in New Zealand? (S Yates & S Cullum)
- 4.20 – 4.30 Australian GP opinions regarding assessment of medical fitness to drive
(M Cooper & A Schulenberg)
- 4.30 – 4.50 Can you really assess driving with an app? (M Cooper & A Schulenberg)
- [4.50 – 5.30 **NZPOPS AGM**]
- 6:30pm **DINNER** (location to be advised; self-pay)

SATURDAY 29th June

- 8.30 – 9.30 **Keynote : Prof Nancy A Pachana**
AN EASY PILL TO SWALLOW. Creative Arts Engagement for Well-being in Later Life
- 9.30 – 9.50 The Meaning of Wisdom – An Australian Context (L Mitchell & N Pachana)
- 9.50 – 10.00 Re-Evaluating the Factor Structure of the Self-Assessed Wisdom Scale (T Leenan et al.)
- 10.00 – 10.20 Growing old in old age psychiatry (C Perkins)
- 10.20 – 10.30 Navigating an Ageing Workforce: the challenge and opportunity (S Cotton & R Palmer)
- 10.30 -11.00 Morning tea
- 11.00 – 11.20 Do no harm: Improving current usage of the MoCA in healthcare settings (H Paton)
- 11.20 – 11.40 Older Parents Caring for Adults with Intellectual Disability (S Wintherbotham et al.)
- 11.40 – 12.00 Caring for Carers: Framework, Economics and Outcomes (A Velnoweth & J Beresford)
- 12.20 - 1.00 Lunch
- 1.00 – 3.00 **WORKSHOP**
Prof Sara Honn Qualls
INTERVENTIONS TO HELP CAREGIVERS AND THEIR FAMILIES
- 3.00 - 3.15 Closing remarks